

SPORTS, FITNESS AND WELLNESS

BASKETBALL UNIVERSITY (Grades 1st-4th)

Basketball University was established in 2006 to provide quality basketball programs and events for male and female youth basketball players, grades 1st-4th. Our programs include basketball tournaments, camps, clinics and training. Our mission is to assist Community Youth Basketball Organizations by providing a broad range of basketball experiences for player development. The concentration of our training centers on 5 components, Productive Basketball Skill Training-(ASQ) Speed, Agility, and Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. Our goal is to enable players at various levels, to perform with greater confidence and effectiveness, by arming them with a advance knowledge of fundamentals and instructional training.

(1st & 2nd Grade)

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|-------------------|------------------------|
| Activity #314290A | \$35/Res; \$40/Non-Res |
| 3/13-4/3 Fri | 6-7 pm Letts |

(3rd & 4th Grade)

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|-------------------|------------------------|
| Activity #314290B | \$35/Res; \$40/Non-Res |
| 3/13-4/3 Fri | 7-8 pm Letts |

(1st & 2nd Grade)

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| Activity #314290C | \$35/Res; \$40/Non-Res |
| 4/17-5/8 Fri | 6-7 pm Letts |

(3rd & 4th Grade)

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| Activity #314290D | \$35/Res; \$40/Non-Res |
| 4/17-5/8 Fri | 7-8 pm Letts |

(1st & 2nd Grade)

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|-------------------|------------------------|
| Activity #314290E | \$35/Res; \$40/Non-Res |
| 5/15-6/5 Fri | 6-7 pm Letts |

(3rd & 4th Grade)

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|-------------------|------------------------|
| Activity #314290F | \$35/Res; \$40/Non-Res |
| 5/15-6/5 Fri | 7-8 pm Letts |



FAR ABOVE THE GROUND (Ages 7 - 9)

Designed to provide kids with the basics of learning how to climb a rock wall. Sessions are an ideal opportunity for youth who have never climbed or have novice experience. Learn rock climbing terms, equipment, safety techniques, and much more. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

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|-------------------|------------------------|
| Activity #313052A | \$15/Res; \$20/Non-Res |
| 4/18-5/9 Sat | 11:30 am-12:30 pm Gier |
| Activity #413052A | \$15/Res; \$20/Non-Res |
| 6/10-7/1 Wed | 6:30-7:30 pm Gier |
| Activity #413052B | \$15/Res; \$20/Non-Res |
| 7/15-8/5 Wed | 6:30-7:30 pm Gier |



HIGH ABOVE THE GROUND (Ages 10-12)

Learn basic techniques, knots, footwork, commands, safety equipment and much more for climbing a rock wall; ideal for beginners and intermediate rockers with little experience. Increase your endurance while having fun. Instructor: Lansing Parks & Recreation Staff

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| Activity #313053A | \$15/Res; \$20/Non-Res |
| 4/18-5/9 Sat | 1-2 pm Gier |
| Activity #413053A | \$15/Res; \$20/Non-Res |
| 6/9-6/30 Tue | 7:30-8:30 pm Gier |
| Activity #413053B | \$15/Res; \$20/Non-Res |
| 7/7-7/28 Tue | 7:30-8:30 pm Gier |



TEENS WHO ROCK (Ages 13-17)

The gym is open to climbers. All climbers must have a liability waiver form on file signed by their parent or legal guardian. You are required to wear a safety helmet while climbing the wall. All climbers age 14 and older must pass a certification test to top-rope or lead climb.

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| Activity #313054A | \$3/Res; \$4/Non-Res |
| 5/8-6/5 Fri | 6-8 pm Gier |
| Activity #413054A | \$3/Res; \$4/Non-Res |
| 6/18-7/9 Thu | 7:30-8:30 pm Gier |
| Activity #413054B | \$3/Res; \$4/Non-Res |
| 7/16-8/6 Thu | 7:30-8:30 pm Gier |



CLIMBING WALL BIRTHDAY PARTY (Ages 6-17)

Give your child or teen a Birthday Party that's unique at the Gier Center indoor climbing wall. They can enjoy hours of climbing, gym activity, and game room fun. Parents provide their own party favors. No climbing experience is needed. An experienced staff person will accompany your party. The cost is \$65.00 for 10 participants, \$2.00 each additional youth. For more information, please call 483-4313.



FAMILY THAT ROCKS

Designed to give the family time to climb together and learn the basics of climbing safety, harnesses, knots, belaying, commands, and climbing techniques. All equipment is provided for the course. Family consists of 4 related individuals; each additional member is \$2 for Lansing resident and \$3 for non-residents. Instructor: Lansing Parks and Recreation Staff

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| Activity #313055A | \$45/Res Fam.; \$67/Non-Res Fam. |
| 4/23-5/14 Thu | 6:30-8:30 pm Gier |
| Activity #313055B | \$45/Res Fam.; \$67/Non-Res Fam. |
| 5/21-6/11 Thu | 6:30-8:30 pm Gier |



OPEN CLIMBING DAILY

Adults who are interested in climbing our wall are required to sign a waiver form and must know how to belay. Bring your own equipment or use ours to scale the Gier Wall. We recommend that you call 483-4313 to RSVP climbing time. Experienced climbers only-all open Gym climbers must pass a competency test. Cost: \$5 per hour; per climber.

AFTER WORK AEROBICS

This moderate impact workout is high intensity and will give you great cardiovascular benefits without pounding your body. Start with a brief warm-up, continue with 35-40 minutes of aerobics, and end with cool-down, core strengthening, and stretching. The class is designed to maximize the use of time and fit into a busy schedule. At the door prices are \$2 for City of Lansing resident and \$3 for non-residents (pictured ID will be required). Certified Instructor: Ann Kostin-McGill. 8 sessions.

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|--------------------|------------------------|
| Activity #313240A | \$16/Res; \$24/Non-Res |
| 4/14-5/7 Tue & Thu | 6-7 pm Gier |
| Activity #313240B | \$16/Res; \$24/Non-Res |
| 5/12-6/4 Tue & Thu | 6-7 pm Gier |
| Activity #413240A | \$16/Res; \$24/Non-Res |
| 6/9-7/2 Tue & Thu | 6-7 pm Gier |
| Activity #413240B | \$16/Res; \$24/Non-Res |
| 7/7-7/30 Tue & Thu | 6-7 pm Gier |
| Activity #413240C | \$16/Res; \$24/Non-Res |
| 8/4-8/27 Tue & Thu | 6-7 pm Gier |
| Activity #413240D | \$16/Res; \$24/Non-Res |
| 9/8-10/1 Tue & Thu | 6-7 pm Gier |

ZUMBA (Adults)

Ditch the workout and join the party. Zumba's rhythm and tantalizing moves create a dynamic workout that is high in energy. 8 sessions

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| Activity #341220A | \$26/Res; \$39/Non-Res |
| 3/12-4/30 Thu | 6-7 pm Miller Rd |

ZUMBA is coming to the Southside Community Center this summer! Try the class out at our free demos this spring. Call 483-4290 for details.



JUST ABOVE THE GROUND (Ages 4-6)

Designed to provide kids with the basics of rock climbing on our indoor climbing wall. This is an ideal opportunity for children who have never climbed before or are just beginning. Your child will have fun, learn safety and enjoy a unique physical challenge. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

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|-------------------|------------------------|
| Activity #313051A | \$15/Res; \$20/Non-Res |
| 4/18-5/9 Sat | 10-11am Gier |
| Activity #413051A | \$15/Res; \$20/Non-Res |
| 6/10-7/1 Wed | 5-6 pm Gier |
| Activity #413051B | \$15/Res; \$20/Non-Res |
| 7/15-8/5 Wed | 5-6 pm Gier |